

During the Early Months

Breastfeeding is a simple process. The baby's suckling at the breast stimulates milk production. The more the baby nurses, the more milk you will have. Pacifiers and bottles will decrease milk production.

FALSE ALARMS:

"False alarms" cause some mothers to worry that their milk supply is low. If your baby is gaining well and is having at least six wet diapers and three bowel movements every 24 hours your milk supply is adequate even if you notice the following:

- ☺ Baby is fussy. Fussiness can be caused by many things besides hunger. Many babies have a fussy period each day.
- ☺ Breasts feel softer, smaller and decrease leaking. Leaking has no relationship to the amount of milk the mother produces and the initial breast fullness goes away within the first few weeks.
- ☺ The baby nurses very often. Babies go through growth spurts and will need to nurse more often. This will only last a few days. This does not mean you are losing your milk supply. Growth spurts can happen at:
 - 10 days
 - 2-3 weeks
 - 4-6 weeks
 - 2-3 months
 - 4-6 months

MORE INFORMATION:

Breastmilk is all your healthy baby needs for the first 4-6 months. Wait to add baby foods, formula, water, juice, or cereal until after that time.

Giving your baby a bottle after nursing is not a good way to tell if your baby is getting enough to eat. Breastfed babies will often take a bottle after they nurse not because they are still hungry but because they have a strong suck reflex.

For more information call: